

MINUTES
Five County Caregiver Advisory Council
February 23, 2016
St. George, UT 84770
1:00 PM

Those in Attendance:

Christine Holliday	Washington County Council on Aging, Chair
Sheila Shotwell	Beaver County Council on Aging
Donna Chynoweth	Garfield County Council of Aging
Tina Pittman	Garfield County
Curtis Crawford	Iron County Council on Aging
Fayann Christensen	Kane County Council on Aging
Alissa Moellendorf	A Gentle Touch
Rosie Fletcher, Chair	Caregiver
Roland Whatcott	Kind Hearts Senior Care
Matt Howard	PCBH
Heather Cox	Five County Case Manager

Excused:

LuAnn Lundquist	Alzheimer's & Dementia Society
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Staff Support:

Carrie Schonlaw	AAA Director, Five County AOG
Tracy HeavyRunner	Five County Case Management Coordinator
Carolyn Moss	Five County AOG

Welcome & Introductions

Ms. Rosie Fletcher, Chair welcomed those in attendance to the meeting and introductions of council members were made.

Approval of Minutes

Ms. Rosie Fletcher, Chair, requested motion to accept the minutes for the December 15, 2015 meeting.

MOTION TO APPROVE MINUTES OF DECEMBER 15, 2015 MEETING MADE BY MS. FAYANN CHRISTENSEN. MOTION SECONDED BY MS. CHRISTINE HOLLIDAY. MOTION CARRIED UNANIMOUSLY.

Senior Day at the Legislature – Update – Ms. Rosie Fletcher

Ms. Rosie Fletcher reported that a lot was accomplished by attending Senior Day at the Legislature. Seniors from our area were able to meet and talk with local representatives about concerns for seniors. She expressed her appreciation to Representative Mike Noel for visiting with seniors in his office. The forum Ms. Fletcher attended discussed the increase in the population of seniors – in 1965 about 10%; in

2030, estimated 62%. Most of the funding for seniors is needed for nutrition (meals), caregiver resources, and transportation. Ms. Tracy HeavyRunner reported that seniors used the provided Infograms to discuss specific topics with representatives. Ms. Fletcher sent thank you notes to the representatives for taking time to visit with our seniors.

Report from the Alzheimer's Association

No representative at meeting.

Report from the Alzheimer's & Dementia Society

Ms. Luann Lundquist was excused from meeting but sent information for meeting. Ms. Tracy HeavyRunner reported for her.

- Name change is making progress. New name is – Memory Matters Utah. They will transition that change over the next few months.
- Early Stage Memory Loss Classes are held at the St. George Library on Tuesdays at 10:30 a.m. through April 5, 2016. Co-sponsored by Washington County Library, 3 Corners Women's Giving Circle and Five County AOA. Ms. Shri Reber, Case Manager from Five County, is providing the training portion of class.
- Memory Activity Class at the St. George Senior Center is growing with the support of the United Way Dixie sponsoring "Give Respite A Try". This grant pays for 3 days of respite services. This program also provides meaningful social and mental activities to improve the well-being of those with moderate dementia.
- New service for those who feel isolated. Program will provide a telephone call. If client does not answer the phone at the predetermined time, office will follow protocol listed for clients. Anyone interested in the program, please contact the office.
- Support group held every Wednesday at 1:00 p.m. at their office.
- Making the Link presented to Dr. Taj Becker. Ms. Lundquist will provide packets as needed. Has presentation of program scheduled with Dr. Joni Koford from IHC this week.

Five County Programs

- RCI REACH – Compassion Fatigue Scale (1) Ms. Heather Cox, Case Manager Five County AOA, reported that they are currently looking for more participants for this program. It is a 12-session one-on-one training program with coaching for caregivers. Interventionists connect caregivers with community resources and other useful tools for caregiving. Ms. Cox distributed information on "Running on Empty" to council members. Ms. Carrie Schonlaw suggested this would be great at staff meetings for providers or others. Ms. Christine Holliday stated that sometimes we try to do everything for everyone, and become burned out with our jobs.
 - (2) Ms. Tracy HeavyRunner reviewed the RCI website and resources available there.
 - (3) Ms. Carrie Schonlaw reported the program is very successful. Mountainlands AOG is proposing that our area have a Master Trainer in our State to help with the cost of this training through the Roslyn Carter Institute. Negotiations are currently in place to discuss this possibility. It has been suggested that one of the Interventionists in Five County become that Master Trainer.

- Veterans Case Management Services – Ms. Tracy HeavyRunner distributed a brochure about the Veteran-Directed Home and Community Based Services Program. Five County AOA is the case management agency for this program in our area. Currently Five County has 1 client on the program and 1 waiting approval. The program is a pilot program, and is provided state-wide to Veterans who are currently in their medical system. Mountainlands AOG is the sponsor for our area. The program becomes self-sustaining at about 5-8 clients. Ms. Schonlaw will complete the necessary paperwork to become our own entity with the VA, when caseloads reach that threshold. Any Veteran in our five county area interested in information about this program should contact Ms. Tracy HeavyRunner. Our office can make referrals to Ms. Julie Larsen, in Salt Lake, who is the coordinator for this program.
- Change Caregiver Survey – In the past, the National Caregiver Program required a client satisfaction survey every year. Often the participant had received services several months earlier in the year. Information received from our satisfaction surveys helped Five County provide additional training/support groups in addition to respite services. Last year the State distributed a survey with specific outcome measures, etc. The State has determined that sending out two surveys does not get the response they hoped for. The change in the survey would be that a client of the National Caregiver Program will be given a survey at the end of their participation in the program. Ms. Schonlaw is currently on the panel finalizing this survey.

Program Update

Outreach (I & R) – “Making the Link packets

“Making the Link” – Ms. Rosie Fletcher has distributed packets to Garfield Memorial Hospital; excited about resources. Council members needing additional packets, please contact Five County office.

Assistance

Ms. Tracy HeavyRunner reported that the National Caregiver Program currently has only one on the waiting list. The 10 Case Managers are doing a great job; providing resources for caregivers.

Support Groups/Training

- Five County Aging Services is continuing the training and education portions at 4 sites.
 - (1) Hurricane Rehabilitation Center – 3rd Tuesday of each month at 2pm – Nancy Morrill facilitator.
 - (2) Cedar City – Brookdale at Cedar City - 2nd Friday of each month at 1pm – Heather Cox facilitator.
 - (3) St. George – Brookdale at Southgate - 2nd Thursday of each month at 1pm – Nancy Morrill facilitator.
 - (4) Kolob Health and Rehab St. George – 3rd Thursday of each month at noon – Sheri Reber facilitator.
- Ms. Tracy HeavyRunner asked the council to “friend” Five County on Facebook. Ms. Heather Cox is Pinterest representative. Great way to share and post resources.
- Every year, a statewide conference on Elder Abuse is held. The conference this year is in June; Ms. Tracy HeavyRunner and Ms. Rosie Fletcher, along with the long term ombudsman, will be attending. Request for funding from the National Caregiver Program to pay for Ms. HeavyRunner and Ms. Fletcher to attend the conference.

MOTION MADE BY MS. CHRISTINE HOLLIDAY TO PROVIDE FUNDING FROM THE NATIONAL CAREGIVER PROGRAM FOR MS. HEAVYRUNNER AND MS. FLETCHER TO ATTEND ELDER ABUSE CONFERENCE. MOTION SECONDED by MS. DONNA CHYNOWETH. MOTION CARRIED UNANIMOUSLY.

Next year the conference will be held in St. George and Five County will be the sponsoring agency. Ms. HeavyRunner requested council members in recruiting speakers for this conference.

Respite

Program can provide the one-year, \$1,500 dollar grant to caregivers for respite, etc. Case Managers visit clients monthly providing training information and resources.

Supplemental Services

New Memory activity kits, compiled by Ms. Sheri Reber, are available for clients. Council members review contents of kits.

Updates/Reports from Committee Members.

- Ms. Christine Holliday – Annual St. George Wellness Expo will be held at the St. George Senior Center on April 8, 2016. Vendor booths, health screenings, lunch, etc.
- Ms. Sheila Shotwell – Beaver County Fair, April 28, 2016 at the Minersville Fair Ground
- Ms. Tracy HeavyRunner – Annual Seniors Conference, Friday, May 13, 2016 Information and booth flyers will be mailed April 1, 2016.
- Request for a list of support groups in areas – Mr. Roland Whatcott will assemble and have available at next meeting.

The Meeting adjourned at 2:00 pm. Next meeting will be held on Tuesday, May 24, 2016 at the Cedar City Office. Any agenda items can be emailed to Ms. Tracy HeavyRunner.